

Exploring the Therapeutic Role of Social Media for Young Adults

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Living with Suicidal Ideation: An overview of a developing PhD project

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Research Questions

- What is the role for social media (SM) use in suicidal young adults?
- What are the health outcomes associated with social media use for young adults with suicidal ideation?
- What therapeutic affordances (TA) may be attributable to these?
- Are there any TAs specific to young adults with suicidal ideation?

Background

Suicidal ideation can be predictive of an ultimate death by suicide.

Social media:

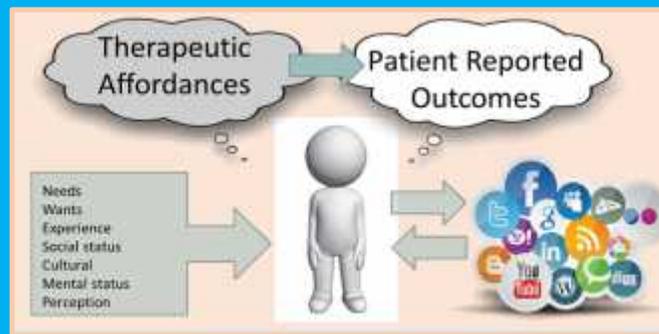
- promote user-generated content and interaction
- can develop online support and communities.
- proven help-seeking potential

Various concerns for SM use by vulnerable groups, however evidence is still maturing.

TA demonstrate utility as relevant research methodology

Affiliations

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Therapeutic affordances

Affordances refer to the action possibilities an actor perceives in their environment

Therapeutic affordances are those perceived by the actor to be directly linked to health related outcomes

Scoping Review

Highlights the limited range of research exploring the impact of SM use on suicidal ideation outcomes.

SM appear to be effective in reducing levels of suicidal ideation among their users.

Adverse findings involved research broadly defining suicide related internet use including SM.

Proposed therapeutic affordances

- In order to establish a proposed list of TAs, all references to action possibilities of SM discussed in the review articles, were grouped thematically
- Connection – ability to connect with peers or professionals.
- Exploration – opportunity to explore and gather information for oneself or others, irrespective if it were motivated by help-seeking or pro-suicide intentions.
- Narration – ability to tell one's story.
- Collaboration – possibility of SM Users to collaborate with others.
- Introspection – to engage in an internally reflective process to observe one's own thoughts and feelings closely



<http://corefocuswellness.com/wp-content/uploads/2014/09/growth-and-introspection.jpg>

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